

**Register NOW for the classes on this page.**  
**All classes meet at the Troy Community Center.**

## 50+ Women on Weights

Brought to you by Fitness RX, this class will increase functional fitness for a better quality of life. Improve bone density, diminish arthritis pain, improve balance and help prevent falls. Bring a mat and light (5 lbs. suggested) hand weights. **Weeks:** 10  
 Drop in fee is \$7.50 per class.

Act#	Day	Time	Begins	Ends	Fee/Res
118992A	Thu	5:30-6:30 pm	Jan 14	Mar 18	\$54/\$49



## 50+ Fitness Fusion

A fusion of yoga, weight training and pilates to maximize your fat burning, especially around the waist. Please bring a mat AND light hand weights to class for floor work. **Weeks:** 10. Drop in fee is \$7.50 per class.

Act #	Day	Time	Begins	Ends	Fee/Res
118989B	Tue	5:30-6:30 pm	Jan. 12	Mar 16	\$54/\$49

## Balance and Stretch with Ilene Hill

Get things back in Balance and Stretch out your days. This class will increase core strength to improve flexibility and stability for daily activities. Students must be able to do mat work on the floor. Bring a towel or pillow for your head.

Act #	Day	Time	Begins	Ends	Wks	Fee/Res
118983E	Mon	9-9:50 am	Jan 11	Mar 15	10	\$47/\$42
118983F	Wed	9-9:50 am	Jan 13	Mar 17	10	\$47/\$42

## Tai Chi On Thursdays

**Sun-style:** Learn a flowing sequence of gentle movements especially beneficial for those with arthritis. Improve mobility, balance, muscle strength and stamina. Each class will include warm-up, instruction, and cool down routines.

**Yang-style:** Slow moving meditation; increases flexibility, reduces stress, improves balance and more. Discover why Tai Chi is one of the most popular exercises in the world!

**Day:** Thursday **Weeks:** 10

Act #	Class	Time	Begins	Ends	Fee/Res
118984A	Sun	12-1 pm	Jan 14	Mar 18	\$45/\$40
118984B	Yang	1-2 pm	Jan 14	Mar 18	\$45/\$40

## Tai Chi with Kim Cary

Enhance balance and body awareness through slow, graceful, precise body movements. Reduce stress, increase muscle tone and flexibility, and improve balance. Wear loose clothing and flat shoes. Instructor's permission required for Advanced.

**Day:** Mon **Wks:** 10

Act. #	Level	Time	Begins	Ends	Fee/Res
118976E	Beg.	1-2 pm	Jan 11	Mar 15	\$45/\$40
118976F	Adv.	2-3 pm	Jan 11	Mar 15	\$45/\$40
118976G	Int.	3-4 pm	Jan 11	Mar 15	\$45/\$40

## Zumba Gold Dance Exercise

Tuesdays and Fridays, 10-10:50 am, Wed, 7:15-8:05 pm  
 \$5 per person - Purchase 8 session \$40 punch card (NR - \$45)  
 Optional drop-in pass available for \$6 (NR - \$8)  
 Purchase card or pass at Community Center desk.

Get energized with this low-impact aerobic workout that takes salsa, cha-cha, samba, tango, flamenco, calypso, hip-hop and belly dancing and puts it all into a workout routine. Bring two bottles of water and a face towel.

## Gentle Aquatic Exercise with Jennifer

Gentle-to-your-joints water exercise. Enter pool at zero depth edge. *Water temperature is approximately 82-84 degrees.*  
**Returning residents from the most recently paid session (fall) have priority** when registering for the winter session and may register now. New and non-resident students may register beginning Dec 14. Returning students who wish to change time slots must register as a new student. Aquatic Center staff instruct on Mon and Wed. **Fee:** FREE - HAP Sponsored

Act. #	Day	Time	Begins	Ends	Wks
118978D	T/TH	9-9:50 am	Jan 12	Mar 18	10
118978E	T/TH	10-10:50 am	Jan 12	Mar 18	10

## Yoga with Marie

Release tension by exercising all muscle groups and emphasizing breathing - ideal for all ages and body types. Wear exercise attire and bring a mat or towel to lie on. **Wks:** 10

Act. #	Day	Time	Begins	Ends	Fee/Res
118977C	Mon	11-12:10 pm	Jan 11	Mar 15	\$47/\$42
118977D	Wed	11-12:10 pm	Jan 13	Mar 17	\$47/\$42

## Pilates with Fawn

Stand taller, sit straighter and improve stamina, coordination and flexibility by strengthening core muscles with this no-impact workout. Bring a mat and bath towel for floor exercises.

Act. #	Day	Time	Begins	Ends	Wks	Fee/Res
118979B	T/TH	11-11:50 am	Jan 12	Mar 18	10	\$75/\$70

## Muscle Strengthening with Lisa

A total body workout using hand-held weights, tubing, and medicine balls. **Weeks:** 10

Act. #	Day	Time	Begins	Ends	Fee/Res
118975C	Tue	10-10:50 am	Jan 12	Mar 16	\$45/\$40
118975D	Thu	10-10:50 am	Jan 14	Mar 18	\$45/\$40

## Chair Exercise

Mon and Wed, 11-11:50 am. \$2. Purchase \$20 punch card at front desk (NR \$22). Free Fri. class with video, 11 am.

## Stretch & Tone

Monday and Thursday, 11-11:50 am. \$2. Purchase \$20 punch card at front desk (NR \$22).

## Youth Yoga

**Teens (11-17)** will find this lively class a nice combination of physical challenge, stress relief, relaxation and fun. It's an inspiring way to cultivate confidence, improve focus, increase body awareness, and create a positive body image. Chill out with other teens in this ancient Indian art of self-discipline and development.

**Youth (6-10)** will find this non-competitive class fun and exciting. Boys and girls will use their bodies and imaginations to become trees, lions, snakes and so many other wonderful things. Classes will include games, poses, breathing exercises and deep relaxation. Yoga helps children develop strong, flexible, healthy bodies, increases concentration and focus while building self-esteem and confidences.

**Classes:** Class day - Monday for 5 or 6 week sessions. All levels welcome, wear loose clothing and bring a yoga mat.

**Location:** Troy Community Center

**Instructor:** Linda

Act#	Ages	Dates	Time	Fee	Res Disc
116321A	11-17	1/4-2/8	7-8:15 pm	\$54	\$49
116321B	11-17	2/22-3/22	7-8:15 pm	\$46	\$41
116321C	6-10	1/4-2/8	5:45-6:45 pm	\$54	\$49
116321D	6-10	2/22-3/22	5:45-6:45 pm	\$46	\$41

See adult yoga on page 56.



## Crossfit Training

**FITNESS** = Being ready to accomplish any task at anytime. Whether it's a long run, a heavy lift, a high jump or overcoming any obstacle, CrossFit is the perfect training regimen to improve your strengths and eliminate your weaknesses. The program involves aerobic and anaerobic exercise, gymnastics, weights, sprinting, whole body exercise and calisthenics. Equipment may include plyometric boxes, medicine balls, jump ropes and more. You will use functional, every day movements to achieve a level of fitness few will ever see and most can't even imagine. This program is appropriate for everyone of all fitness levels. 6-week sessions.

**Location:** Troy Community Center

**Instructor:** CrossFit Certified Trainer

Act#	Day	Dates	Time	Fee	Res Disc
116575A	T	1/5-2/9	6-6:55 am	\$95	\$90
116575B	TH	1/7-2/11	6-6:55 am	\$95	\$90
116575C	T/TH	1/5-2/11	6-6:55 am	\$155	\$150
116575D	T	2/16-3/23	6-6:55 am	\$95	\$90
116575E	TH	2/18-3/25	6-6:55 am	\$95	\$90
116575F	T/TH	2/16-3/25	6-6:55 am	\$155	\$150

**Register for these classes online at:**

[www.troy.mi.gov/parksandreconline](http://www.troy.mi.gov/parksandreconline)

beginning December 1 at 8 am;

more registration details on page 83.

## Meditation & Gentle Stretch

(S.O.S.) Stretch Out Stress with Focus on Guided Meditations and breathwork. A gentle unwinding practice for stress relief and recovery. All skill levels welcome!

**Instructor:** Janeen Killewald

**Location:** Troy Community Center

**Weeks:** 12

Act#	Day	Dates	Time	Fee	Res Disc
116320K	Wed	1/6-3/24	8-9 pm	\$110	\$105



## Stress Reduction

### Using the Healing Power of Yoga

Experience the healing power of yoga (from the floor or a chair) with gentle stretches and flowing movements. Learn breathing practices for increased energy and relaxation, as well as exploring the power of the mind in creative visualization and deep meditative relaxation. This class is designed to bring body, mind and spirit into balance.

**Instructor:** Ruth Bennett

**Location:** Troy Community Center

**Weeks:** 12

Act#	Day	Dates	Time	Fee	Res Disc
116320M	Mon	1/4-3/22	9:30-10:30 am	\$110	\$105

## Boot Camp

Are you looking for a jump start for your fitness program? Come challenge yourself to a circuit training program which will involve cardio, speed and agility, core and muscle endurance exercises. This class will take you to the next level. Limit of 15 participants. *Boot Camp is for intermediate to advanced fitness level students.*

**Drill Sergeant:** Susan O'Connor

**Day:** Saturday

**Location:** Troy Community Center-Studio B

Act#	Ages	Dates	Time	Fee	Res Disc
116629A	Adult	1/9-1/30	8:15-9:15 am	\$45	\$40
116629B	Adult	2/6-2/27	8:15-9:15 am	\$45	\$40
116629C	Adult	3/6-3/27	8:15-9:15 am	\$45	\$40

## 30 Days to Health -- March 2010

Experts say it takes 21 days to break a bad habit and form a new one. During the month of March, the Troy Community Center will be offering 30 days of special classes, activities, and events to promote healthy lifestyle choices for family members of all ages. This program can help you break those bad habits and reach your health and fitness goals.

A sample of programs and activities will include:

- Classes on exercise tips, snack and diet ideas
- Triathlon clinic
- Grocery store tours
- Personal trainer clinics
- New trends in health and fitness
- Managing stress and much more . . .

The complete calendar will be available January 19.

**Activity # 116715A**

**Fee:** \$13; Res Disc \$11/person

## FEE CODES:

PHNR = Pass Holder Non-Resident  
PHRes = Pass Holder Troy Resident  
Fee = Non-Resident  
Res = Troy Resident

## Body Images

Session Dates: Jan 12-Mar 25; 11 weeks

Act #	PHNR	PHRes	Fee	Res
116301A	-	-	\$115	\$110
116301B	-	-	\$115	\$110
116301C	-	-	\$125	\$120*
116301X	\$105	\$100	-	-

**Cardio & Weights:** Low impact aerobics with intervals of light weight training target muscles of the upper and lower body, including great abs and gluts. Increase your BMR and lose weight fast.

**Step Power Hour:** an all STEP class incorporates fun, energizing intervals of step aerobic patterns for the ultimate cardio workout! Resistance training uses hand weights for upper body strengthening combined with abs, hip and thigh exercises.

\*116301C-to attend both Body Images classes.

## Fitness Factory

**Mat Pilates:** This intensive mat workout enhances posture, flexibility, endurance and balance while toning and firming your powerhouse (core). Pilates is great for all fitness levels and ages. Wear comfortable clothing and bring a mat to class.

Pass holders use Act #116565X - \$10 off fees listed

Act #	Day/Time	Fee	Res Disc
116565A	T or TH - PM	\$101	\$96
116565B	T/TH - PM	\$173	\$168
116565E	T or TH - AM	\$101	\$96
116565F	T/TH - AM	\$173	\$168
116565G	All FF classes	\$257	\$252

**Zumba:** Zumba is an extremely fun workout based on interval training, which is effective in burning calories and keeping the heart rate up. The dance-sculpting-combo class is set to Latin and various ethnic types of music.

Act #	Day/s	Fee	Res Disc
116565C	T - PM	\$101	\$96
116565D	T/TH - PM	\$173	\$168
116565H	TH - PM	\$101	\$96
116565G	All FF classes	\$257	\$252

## Flex Into Fitness

Pay one fee and attend any of these classes.

Act #	PHNR	PHRes	Fee	Res
116550A-T	-	-	\$115	\$110
116550X	\$105	\$100	-	-

**Cardio Interval** - intermediate to advanced level class works a variety of cardio and muscle conditioning. Cardio segments include step, hi/lo and kickboxing. Muscle conditioning includes use of hand weights, body bars, tubing, and/or balls.

**Power Sculpt** - Use controlled movements set to music to tone all major muscles. Hand weights, body bars, bands, and firm body resistance increase strength and improve muscle definition.

**Resistance Training** - Use hand weights, body bars, bands, and body resistance to increase muscle endurance and improve definition. Work both upper and lower body using controlled movements set to music.

**Step Up and Tone** - Improve your cardiovascular conditioning and increase muscle strength. Great workout without complicated choreography. Steps provided.

**The Core** - Improve total body strength, core muscular endurance, balance, joint stability and flexibility while focusing on your "core" muscles, specifically abs and lower back. 30 minute class.

**Easy Does It** - designed for those beginning, returning, overweight, and senior participants. A good workout without frustration. Achieve improved muscle strength, tone and balance.

**High Intensity Instructors Choice** - Vary your workout to stay motivated, challenged and prevent muscle memory. Class format will alternate each week to include cardio, step, interval, cardio-kick, and resistance. This is a high intensity class.

**Lo/Cardioplus Toning** - Increase your capacity to burn fat, gain cardiovascular conditioning, enhance muscle strength and tone in a fun non-competitive atmosphere. Low impact aerobics, muscle conditioning, stretching and a relaxing cool down. Bring hand weights and a mat.

**Group Cycle** - Stationary bike class motivates with an incredible and energizing cardio workout, which will send fat burning and endurance into high gear. Intermediate to advanced class.

**Cycle and Sculpt** - combo of group cycle and power sculpt consisting of a high-energy cardio workout followed by an instructor's choice strength segment.

**Swiss Ball** - Improve your balance, core strength, joint stability, and stabilizer muscles, assist in functional movement and sport specific requirements needed for all levels of life. For all levels of students. Class limit-20.

Cycle and Core - a combination of Group Cycle and The Core; each class will consist of a 35 minute cycle ride followed by a 15 minute challenging core workout and a 5 minute cool down/stretch.

## Yoga

Yoga promotes better health by exercising all muscle groups as well as emphasizing breathing to release tension. Bring a mat or folded blanket to each class.

**Beginner (Beg):** No prior experience  
**Continuing (Cont):** students should have had at least three sessions of Yoga and will continue to improve and control the conditions of every part of the body and mind.

**Beg/Cont:** both levels taught in class.  
**Advanced:** continuing students looking for an increased level of instruction.

Act #	Fee	Res Disc
116320A	\$106	\$101*
116320B-H	\$115	\$110
116320J	\$115	\$110

\*Held at Bemis Elem; 11 weeks (no class 2/14)

## Tai Chi-Chu'an

This martial art is a gentle meditative exercise that is easy on the joints and suitable for ages 9 through 99 and any fitness level. Tai Chi practitioners attest to a variety of benefits from an improved golf swing to greater focus, and concentration in individuals with ADHD. Health benefits include improved balance, flexibility, breathing, sleeping, blood pressure, digestion, and reduced stress. It has been shown to increase bone density in post-menopausal women at risk for osteoporosis.

**Instructor:** Susan

Act #	Ability	Fee	Res
116376A	Beginner	\$99	\$94
116376B	Inter/Adv	\$99	\$94

## Fitness Class Schedule - Jan 4-Mar 27 (12 weeks)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6 am - Step Up & Tone #116550 A		6 am - Step Up & Tone #116550 A		6 am - Step Up & Tone #116550 A	
6 am - Group Cycle #116550N		6 am - Group Cycle #116550N		6 am - Group Cycle #116550N	
8 am - Easy Does It #116550J	8:15 am - Cycle & Sculpt #116550M	8 am - Easy Does It #116550J	8:15 am - Cycle & Sculpt #116550M	8 am - Easy Does It #116550J	8:15 am - Group Cycle #116550Q
8:30 am - Danceit #116200A-Sue		8:30 am - Danceit #116200A-Sue		8:30 am - Danceit #116200L - Ceda	8:30 am - Step Up & Tone - #11655C
8:30 am - The Core #116550T		8:30 am - The Core #116550T		8:30 am - The Core #116550T	
9 am - Cardio Interval #116550D	9 am - Mat Pilates #116565 E or F, G	9 am - Cardio Interval #116550D	9 am - Mat Pilates #116565 E or F, G	9 am - Cardio Interval #116550D	9:15-10:30 am - Beg/Cont Yoga #116320J-Janeen
9:30 am - Danceit #116200B-Roxanne		9:30 am - Danceit #116200B-Roxanne			
	9:15-10:30 am-Beg/Cont Yoga #116320B-Janeen	9:15-10:30 am-Beg/Cont Yoga #116320E-Ruth			
	9:30 am - Danceit #116200G-Ceda		9:30 am - Danceit #116200G-Ceda	9:30 am - Danceit #146200M-Roxanne	9:30 am - Resistance Training #116550F
10 am - Power Sculpt #116550E		10 am - Power Sculpt #116550E		10 am - Power Sculpt #116550E	
	4:30 pm - Cycle & Sculpt #116550W		4:30 pm - Cycle & Sculpt #116550W		
	5:30 pm - Cycle & Sculpt #116550V		5:30 pm - Cycle & Sculpt #116550V		
5:30 pm -Cycle & Core #116550P	5:30 pm - Mat Pilates #116565A, or B, G	5:30 pm - Cycle & Core #116550P	5:30 pm - Mat Pilates #116565A, or B, G		
			6-7 pm - Begin Tai Chi #116376A		
6 pm -High Intensity #146550L	6 pm - Cardio & Weights #146301A, C - Tracey	6 pm -High Intensity #116550L	6pm - Cardio & Weights #116301A, C- Tracey	5:30 pm - Lo Cario/plus Toning #116550S	
6:30 pm - Danceit #116200C-Theresa	6:30 pm - Zumba #116565 C, G or D	6:30 pm - Danceit #116200C-Theresa	6:30 pm - Zumba #116565 C, D, G, H	6:30 pm-Danceit #116200N-Ceda	
6:30 pm - Danceit* #116200D@ Martell/Sue		6:30 pm - Danceit* #116200D@ Martell/Sue		<div>See pages 55-57 and use color corresponding classes to maximize your workout!</div> <div><div>DancelT</div><div>Burn fat, increase strength, and boost cardiovascular conditioning. These easy-to-learn aerobic dance routines target every major muscle group. Burn calories as you improve your flexibility, coordination and cardiovascular strength.</div></div>	
		6:30-7:45 pm-Beg/Cont Yoga #116320D-Janeen			
7 pm - Reistance Training #116550U	7 pm - Step Power Hour #116301B, C - Tracey	7 pm - Resistance Training #116550U	7 pm - Step Power Hour #116301B, C - Tracey		
7-8:20 pm - Beg Yoga #116320A-Marie @ Bemis			7-8 pm - Int/Adv Tai Chi #116376B		
7 pm - Danceit* #116200E @ Barnard/Mary	7 pm - Danceit #116200H -Janice	7 pm - Danceit* #116200E @ Barnard/Mary	7 pm - Danceit #116200H-Janice		
7:30 pm - Swiss Ball #116550K	7:30 pm - Step Up & Tone #116550B	7:30-8:45 pm - Cont Yoga #116320F-Janelle	7:30 pm - Step Up & Tone - #116550B		
	8-9:15 pm-Beg Yoga #116320C- Kris	8-9 pm - Meditation/Stretch #116320 K-Janeen	8-9:15 pm - Beg Yoga #116320H-Kris		

### NOTE:

- Fitness classes are 25, 55 or 75 minutes in length and held at the Troy Community Center unless otherwise noted.
- All classes are for ages 14 and older unless otherwise stated in description.
- It is recommended that you consult your doctor prior to beginning any exercise class.
- Babysitting service is available at the Community Center for most morning and evening classes.
- Participants should wear good aerobic shoes and bring a water bottle to class.

\*class is held at a school location.

**Body Images classes -- Jan 12-Mar 25; 11 weeks**